

## **Breakfast Cereal (Ready-To-Eat, Instant, and Regular Hot Cereals)**

### **1. Breakfast Cereals (Ready-To-Eat; Instant/Regular Hot)**

- a. Breakfast cereals as defined by FDA in 21 CFR 170.3(n)(4) for ready-to-eat and instant and regular hot cereals.
- b. Must contain a minimum of 28 mg iron per 100 g dry cereal.
- c. Must contain  $\leq 21.2$  g sucrose and other sugars per 100 g dry cereal ( $\leq 6$  g per dry oz).
- d. At least half of the cereals authorized on a State agency's food list must have whole grain as the primary ingredient by weight AND meet labeling requirements for making a health claim as a "whole grain food with moderate fat content":
  - i. Contain a minimum of 51% whole grains (using dietary fiber as the indicator);
  - ii. Meet the regulatory definitions for "low saturated fat" at 21 CFR 101.62 ( $\leq 1$  g saturated fat per RACC) and "low cholesterol" ( $\leq 20$  mg cholesterol per RACC);
  - iii. Bear quantitative trans fat labeling; and
  - iv. Contain  $\leq 6.5$  g total fat per RACC and  $\leq 0.5$  g trans fat per RACC.
- e. No aspartame or other non-nutritive sweeteners.
- f. At least half of the cereals authorized on a State agency's food list must have whole grain as the primary ingredient by weight AND meet labeling requirements for making a health claim as a "whole grain food with moderate fat content".

### **2. Ready-To-Eat Breakfast Cereals**

- a. Store brands only.
- b. 12 – 36 oz sizes only.
- c. No individual serving size container.

### **3. Instant and Regular Hot Cereals**

- a. Nationally or non-nationally advertised brands are eligible for hot cereals.
- b. 12 oz (11.8 oz) – 36 oz sizes only.
- d. Individual serving size container is allowed.